



The Journal

Vol. 25

No. 44

www.cnmc.navy.mil/bethesda/

November 14, 2013

Service Members, Civilians Recognize Veterans Day at WRNMMC

By Sharon Renee Taylor
WRNMMC Public Affairs
staff writer

More than 200 service members, veterans, civilian and contract employees and volunteers joined for a special morning formation in honor of Veterans Day at Walter Reed National Military Medical Center (WRNMMC) on Nov. 8.

Veterans wearing business suits, leather jackets, red sweaters, orange pants, white lab coats and scrubs of varied hues were among the rows of active duty officer and enlisted uniforms in the gathering for morning colors at the flag pole in front of Building 1.

Army Sgt. 1st Class Peter Gonzalez, Navy Hospitalman Michael Talmadge and Air Force Tech Sgt. Pamela D. Shurn raised the American flag for the formation. "Very few places will you be able to see a Soldier, a Sailor and Airman color guard. It's very special," explained WRNMMC Director Brig. Gen. (Dr.) Jeffrey B. Clark.

"It's good that we are gathered here today to thank our veterans; for we are privileged to serve those in uniform and those who retired after a career of service [as well as] their families. We are privileged to provide their healthcare," said Clark, who asked those assembled to take a moment over the three-day weekend to reflect. Government offices were closed Nov. 11 in recognition of Veterans Day, the only federal holiday observed on the same day every year.

Army Sgt. Maj. Carol L. Warren-Clark, deputy senior enlisted leader at WRNMMC, thanked service members and veterans from all military services — Army, Navy, Air Force, Marine Corps and Coast Guard — for attend-



More than 200 service members, veterans, civilian and contract employees and volunteers joined for a special morning formation in honor of Veterans Day at Walter Reed National Military Medical Center on Nov. 8.

ing the observance, which included a moment of silence to remember fallen veterans. More than two dozen veteran staff members, contractors and volunteers participated in the special formation.

"It has been said, it is through the veteran that we retain our freedoms. It has also been said that freedom has a flavor that the protected will never know. To our veterans: thank you for coming out," Warren-Clark continued.

"We appreciate everything that you do for this hospital, for each other, for taking care of our family members, our retirees and our civilian population," Warren-Clark said.

The sergeant major read from the 2013 Veterans Day message from President Barack Obama.

"On Veterans Day, America pauses to honor every service member who has ever worn one of our nation's uni-

forms. Each time our country has come under attack, they have risen in her defense. Each time our freedoms have come under assault, they have responded with resolve.

Through the generations, their courage and sacrifice have allowed our republic to flourish. And today, a nation acknowledges its profound debt of gratitude to the patriots who have kept it whole," Warren-Clark read from the president's message.

First recognized through an act of Congress in 1926 as Armistice Day to commemorate the ending of World War I on the 11th hour of the 11th day of the 11th month in 1918, Nov. 11 became a national holiday in 1930. It was proclaimed Veterans Day by President Dwight D. Eisenhower in 1954.

Retired Army Col. Mike

See **VETERANS** page 9



Photos by Sharon Renee Taylor

Retired Army Lt. Col. Sharon E. Stentz (front right) stands in formation during the special morning colors ceremony in honor of Veterans Day at Walter Reed National Military Medical Center. "It was an honor and a privilege to stand shoulder-to-shoulder with those who continue to care for our nation's heroes despite fiscal constraints, uncertainty and change," said Stentz, who now works as a civilian in clinical systems support at the medical center.

Commander's Column

We do three things at Walter Reed Bethesda (WRB): accomplish our mission; take care of each other; take care of our families; MISSION/PEOPLE — good leaders do these things.

The saying, “each individual is unique, precious, and unrepeatable and must be treated that way” has special meaning this month. Each November we, as a nation, pause to honor heroes — those who served in uniform.

If you go to our website, you will see “Walter Reed National Military Medical Center: Where our Nation Heals its Heroes.”

In my view, all who have volunteered to wear our uniform, and their Families, are heroes. It is a privilege for all of us who serve on our WRB team to share in this heritage. It is a privilege to serve heroes.

As you may know, our color guard, consisting of a Soldier, Sailor and Airman, raises our nation’s colors in front of Building 1. You may not know that we gather for this special ceremony to honor and salute our colors every Thursday morning at 8 a.m.

Last Thursday morning, Nov. 8, Sgt. Maj. Carol Warren-Clark led an outstanding tribute to our veterans. Nearly 200 of our service members, civilians and volunteers gathered for colors. Many of the veterans who serve on our WRB team were present and recognized for their service. It was an inspiring event.

On Oct. 31, our WRB Board of Directors and their senior enlisted leaders (SELs) gathered to commit ourselves to our FY14 MISSION/PEOPLE Performance Plan. Our focus was stewardship of our WRB Foundations: People and Resources — how best to efficiently and effectively excel in our patient-centered mission — the healing of heroes.



We also established specific initiatives for each of our pillars: service excellence, quality care, research, readiness, education, business of health care — with aggressive time lines and tracking mechanisms to hold ourselves accountable for success. I feel very good about our way ahead.

On Nov. 1, I met with our WRB SELs (E7 and above) to review our MISSION/PEOPLE way ahead. These key leaders of our organization, like each of us, have a direct impact and are critical to our success. I have always had very high expectations of non-commissioned officer leadership; they have always exceeded my expectations. Challenge is good.

Last week we celebrated Radiological Technician Week. Our outstanding Radiology Department performs more than 12,000 procedures each month — one patient-centered encounter at a time. It is our Radiological Techs who greet each patient with a smile, explain the procedure, and guide them through the process. They are unsung heroes and invaluable members of our Team devoted to healing our nation’s heroes. There are other unsung heroes on our team who we say thank you to.

Please be as proud of who we are, what we do, and, most importantly, how we do it, as I am to serve with you.

As a reminder, we gather for colors every Thursday morning. We assemble at 7:55 a.m. and are headed back to our patient-centered mission by 8:10 a.m. I hope to see you there.

As always, thank you for all you do and may God bless.

Brig. Gen. Jeffrey B. Clark
MC, USA
Director, Walter Reed National Military Medical Center

Bethesda Notebook

Diwali, Festival of Lights Celebration

Diwali, the Hindu Festival of Lights, will be celebrated at Walter Reed Bethesda tomorrow at noon in Memorial Auditorium, Building 7, third floor. An Indian lunch will be served for attendees, and all are invited. For more information, contact piragash.swargaloganathan@health.mil, nitin.b.shinde.civ@health.mil, or rashmi.suman.civ@health.mil.

Research Programs Town Hall

The Department of Research Programs (DRP) will have two town halls tomorrow, 8 to 9 a.m. and 3 to 4 p.m. in Memorial Auditorium. Lt. Col. Molly Klote, DRP chief, will provide an overview and explanation for new methods and metrics for research at WRNMMC. For more information, call Deb Murphy at 301-295-8231.

Lung Cancer Summit

The Murtha Cancer Center Annual Lung Cancer Summit is tomorrow from 8 a.m. to 5 p.m. in the National Intrepid Center of Excellence (NICoE), first floor auditorium, Room 1001. Registration is required. For more information contact Kerri Cronin at 301-400-1477 or kerri.l.cronin.ctr@health.mil, or Bill Mahr at 301-400-1492 or William.p.mahr.ctr@health.mil.

‘Scarred for Life,’ Gaucher Disease

The National Museum of Health and Medicine at Forest Glen will host a free presentation focused on the exhibit, “Scarred for Life,” focusing on Gaucher’s disease, a rare genetic disorder, on Nov. 19 from 6 to 7 p.m. in the Silver Spring Civic Building, Fenton Room, at 1 Veterans Place in Silver Spring, Md. The presentation will feature the artist of the exhibit, Ted Meyer, who has the disease. For more information, call 301-319-3303 or visit <http://www.medicalmuseum.mil>.

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the Walter Reed National Military Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without re-



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WRNMMC Educates on Lung Cancer

By Sarah Marshall
WRNMMC Public Affairs
staff writer

It's no coincidence Lung Cancer Awareness Month falls on our calendars at the same time as Veterans Day. Lung cancer is the leading cause of cancer death in our nation's veterans, causing more cancer deaths than breast, colon, prostate and pancreatic cancers combined.

To educate America's veterans on their individual risk for developing lung cancer, Walter Reed National Military Medical Center (WRNMMC), along with the Lung Cancer Alliance (LCA) and the Veterans Health Administration (VHA), held the second annual Lung Cancer Screening Awareness Program at WRNMMC on Nov. 6 in the America Building.

"Our veterans are twice as likely to succumb to the illness of lung cancer," said Navy Capt. Sarah Martin, WRNMMC chief of staff.

Martin explained military members have higher rates of smoking, which is a significant risk factor for lung cancer. According to the American Cancer Society (ACS), tobacco use accounts for nearly 90 percent of lung cancer deaths in the U.S.

She went on to praise WRNMMC's Lung Cancer Screening program, the first at a military facility, which launched Nov. 8, 2012, in honor of our nation's veterans. The program has been a success thanks to the team of radiologists, medical oncologists, pulmonologists, nurses, physicians, smoking cessation and disease management staff, who have taken a multidisciplinary approach to lung cancer screening, she said.

"Together, they make this successful for our patients and beneficiaries," Martin said.

In the last year, the program screened more than 100 patients considered high risk: veterans between the ages of 55 and 79, current or former smokers who quit less than 15 years ago, or those who smoked at least 30 pack years, mean-

ing a pack a day for 30 years or two packs a day for 15 years. A number of individuals screened at WRNMMC, were identified as being in the asymptomatic stages of lung cancer, Martin said. Additionally, through the program, smoking cessation experts have helped patients stay smoke free at a rate of about 70 percent, she added.

While lung cancer continues to be, by far, the leading cause of cancer deaths in both men and women, it remains the most preventable form of cancer death in our society, according to the ACS.

Screening plays a significant role in combatting these statistics, explained guest speaker Dr. Linda Kinsinger, chief consultant for Preventive Medicine in the Office of Patient Care Services at the VHA.

She added that screening high-risk current or former smokers for lung cancer, with low-dose CT (computed tomography) scans, has been proven to lower the risk of death by lung cancer by 20 percent.

"Many veterans are at an increased risk because of their current or past use of tobacco," she added. "Years ago, field rations often included canned meat, canned

fruit, chewing gum and cigarettes."

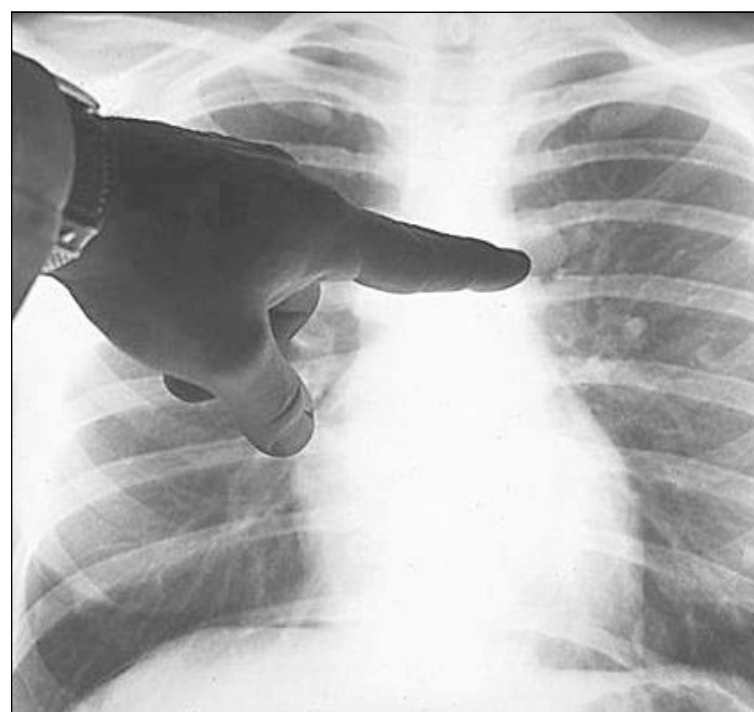
Vietnam veteran Rick Weidman recalls cigarettes weren't just in some ration packs, he said, "They were in every pack, along with [candy] and tropical chocolate."

Having served in the Army from 1969 to 1971, Weidman said he didn't start smoking heavily until Vietnam. Over the years, he has tried to cut back. During the screening, while handing out information to patients and staff about lung cancer screening, he took his own advice, and went through the screening himself. The screening involved answering a few questions to determine his risk.

As a high-risk candidate for lung cancer, Weidman said he would be contacted to have a CT scan scheduled the following week. During a CT scan, a provider looks for nodules; if a nodule is eight millimeters or greater, it is considered cancer until proven otherwise by a biopsy.

Weidman's advice to others, "If you won't do it for yourself, do it for your family ... even if you don't smoke, get screened," he said.

Guest speaker Chris



Draft knows firsthand, not all those who develop lung cancer are current or former smokers. The former NFL player took the podium to share his story. His wife, Keasha, was otherwise healthy before she was diagnosed with lung cancer in December 2010. Her only symptoms were shortness of breath. Typically, signs of lung cancer, such as chest pain or wheezing, aren't noticeable until the disease has reached advanced stages.

"Before that, she was challenging me to run a 10K

race with her," Draft said. "She had a little shortness of breath ... [and] we found she had stage IV lung cancer, [at] only 37 years old."

Draft's wife lost the fight against the disease after a yearlong battle. He went on to note the importance of screening, along with education. He said, "just having the diagnostics is not good enough – we have to make sure people use it."

For information about lung cancer screening at WRNMMC, call 301-295-4191, or email WRNMMC.cancercenter@health.mil.

Courtesy photos

Navy College Office Celebrates Veterans with Education Discounts

By Ryan Hunter
NSAB Public Affairs
staff writer

Rather than giving discounts for food or movie tickets, in celebration of Veterans Day, the Navy College Office at Naval Support Activity Bethesda (NSAB) gave discounts for college applications on Nov. 7.

"Most colleges charge an application fee," said Elizabeth Baker, the director of Navy College for the Washington D.C. area and greater Maryland area. "It's usually \$15 to \$50 to apply to be an enrolled student. It's not a cost covered by tuition assistance. Today, we're celebrating veteran's appreciation day, and as a bonus for our service members [the colleges affiliated with NSAB] are going to wave that fee."

The Navy College Office serves approximately 20,000 Sailors in the Washington D.C. area by helping them with their voluntary education needs. Located on the second floor of Building 17,

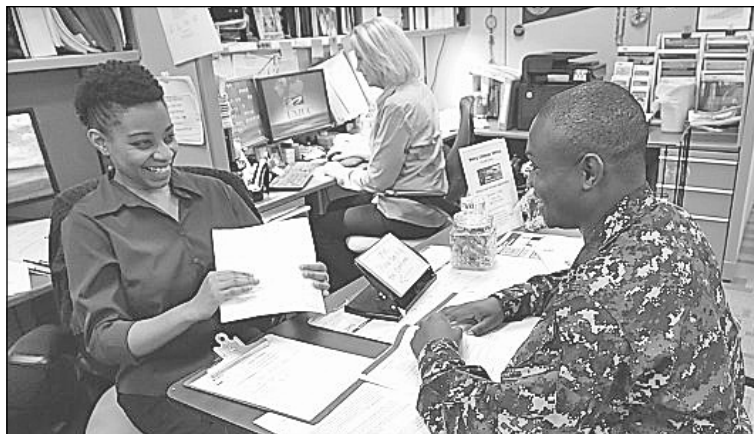


Photo by Ryan Hunter

Hospitalman Fabrice Sonwadjatsa speaks with University of Maryland University College coordinator Aaliyah El-Amin about his military educational credits.

the office serves primarily as a wealth of resources for service members seeking to further their education.

"We have a combination of education specialists who give counseling for tuition assistance to active duty service members and other education services," said Baker.

Cherie Aker, the assistant director for military partnership for University of Maryland University College (UMUC) was in attendance

for the event and spoke in depth with many students about their educational career paths with the school.

"When a student walks in the office we take a look at their transcripts, [including] military credits and previous schools attended, then we evaluate them. We show them a degree plan and how the credits they have already completed would transfer to satisfy requirements within the degree. This way they

have a clear picture of what they need to do," said Aker.

Also in attendance was the UMUC Director of Accessibility, whose office provides accommodating services for disabled students, as well as a representative from the school's Vet for Success program who answered questions pertaining to benefits involving the Office of Veterans Affairs.

In addition to providing educational counseling services, the Navy College Office also hosts other representatives from UMUC, Central Texas College and Southern Illinois University which hold classes on or off base, at distance learning partnership schools and online.

"We offer associate degrees and several bachelor's degrees, so people who want to go to school that are active duty can get voluntary education funds or tuition assistance and their service will pay for them to go to school," said Baker.

Many classes are taught at the 100 or 200 level with

Central Texas College as general education requirements. These credits can then be transferred to other schools to satisfy educational prerequisites.

Baker recommends them to any student who, "doesn't know what they want to do, [since] every degree has general education requirements built into it."

Students looking to take 300 and 400 level classes can take classes through UMUC or Central Illinois University. According to Baker, Central Illinois University has a bachelor's degree in health care management and UMUC offers classes in business and criminal justice.

"It's very popular and the population on base is very interested in getting those degrees," she said.

Students who do take advantage of the classes offered on base benefit from a more personal teaching environment.

"The teachers are all

See **EDUCATION** page 9



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One Year In, NEX Bethesda Continues to Deliver the Goods

By Mass Communication Specialist 2nd Class
Nathan Parde
NSAB Public Affairs
staff writer

Navy Exchange (NEX) Bethesda's staff recently celebrated the store's anniversary by looking back over the year's accomplishments while also looking ahead to the future.

"The store opened on Saturday, Nov. 10, 2012, and the grand opening was fantastic," said NEX Bethesda General Manager Rick Pimentel. "We had more than 150 attendees; high ranking officials and celebrities. There was a lot of excitement!"

At its opening, the new store was more than three times larger than the facility it replaced. From the ground up, it was designed to meet the needs of the customer, said Pimentel.

"The aisles are 10 feet wide and feature LED lighting to enhance the merchandise," he said. "Many of the photographs and murals throughout the store are spe-



Photo by Mass Communication Specialist 2nd Class Nathan Parde

Approximately 130 staff members gathered outside the Navy Exchange Bethesda to celebrate its anniversary Nov. 4.

cific to Walter Reed-Bethesda, creating a personal connection with our customers."

The Bethesda store was also built to meet industry-leading standards, said Pimentel.

"NEX Bethesda is the first Gold LEED certified store in our enterprise and we are very excited about that," he said. "The store features a green roof, which is pretty unique in the industry."

Looking back over the last year, Pimentel said there were many memorable moments for staff and customers to enjoy.

"We've had a wonderful year and can't thank our customers enough for all their support and patronage. Many of the community events have been instrumental in driving a connection between our customers and staff members at Naval Support Activity Bethesda. The MWR Eggstravaganza, CPO pancake breakfast, Wounded Warrior Ladies Night, Uniform Inspection (held in our NEX parking lot) and 5K Freedom Run, to name a few, were all well-received by our customers and were a huge success."

As exciting as the last year was, however, the Navy Exchange staff remains focused on the future, said NEX Public Relations Manager Rico Macaraeg.

"It's nice to sit back and see how far we have come in just 365 days," said Macaraeg. "Our store still looks the same as it did day one, but our staff has evolved to meet our customers' needs and what they deserve as we move forward."

With Thanksgiving right around the corner, the NEX Bethesda staff has several events planned in the holi-

day spirit, said Pimentel.

"Our next big event is the kick-off of our Navy Blue Holiday, with the lighting of a 16-foot tree on Tuesday at 6 p.m.," he said.

"Captain and Mrs. Bitonti will do the honors and the Uniformed Services University of the Health Sciences (USU) Choir will sing holiday songs.

"Then, the day after Thanksgiving, the store will open at 5 a.m. for the Navy Blue Friday sale – the biggest shopping day of the year."

Pimentel said the NEX already has plans in place to meet the challenging demands of the holidays and beyond, while continuing to meet customers' needs.

"We're honored to serve our military and their families. We continue to focus on improving their shopping experience and are always looking for ways to meet their needs through premier customer service. We look forward to another successful year."

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Promoting a Culture with Positive Changes in Energy Use

By Mass Communication
Specialist 2nd Class
John K. Hamilton
NSAB Public Affairs
staff writer

Naval Support Activity Bethesda (NSAB) has scheduled Energy Week to be held from Nov. 18-22. The week is stocked with events that are geared to educate and challenge everyone onboard NSAB regarding efficient energy use.

Installation Energy Manager William O. Ortega-Ortiz, the lead program organizer for Energy Week, said that it is designed to help answer the question: "How can we change our behavior in order to capture the best benefits from an energy perspective?"

"Energy Week is going to include a number of programs whose emphasis are to help change the culture here, regarding energy initiatives and efforts," said Ortiz.

"We're doing everything in our power, on the project side, in efforts to regain and manufacture renewable energy on the installation," he added. "But the one low hanging fruit that we have not addressed here is behavioral changes and education. I can put in place all of the federally mandated projects that I can, to make this installation energy efficient, but it is important that our tenants, customers and our staff are educated in how it also applies to them."

Ortiz said as an energy manager it is his job to trend and data track, calculate the energy efficiency of our

utilities and put together energy efficiency projects and programs. He has noticed revenue that can be recouped if we had a more energy conscious community.

"[Taking simple measures] such as turning off a light when they leave the office, turning off the computer when they walk away or turning off the faucet when they see it running will capture about 10 to 20 percent additional savings that can go to other areas of our mission," said Ortiz.

Diane Elsberg, a planner on the Energy Week team, hopes the events of the week will not only affect behavioral changes at work but also encourage people use these ideas at home.

"Every single program being offered during Energy Week contains energy education," said Elsberg. "We're hoping that through this, people can see firsthand just how easy it is to save energy at home and at work and what a great benefit it is to everyone."

Some of the events include key note speakers, energy awareness roundtable discussions, energy awareness information tables that will be set up at various locations on the installation and an energy fair.

One of the newer approaches to education will include a program conducted at the Child Development Center (CDC).

"I'm hosting an event at the CDC, tailored towards the pre-K children, where we will talk about energy," said Ortiz. "It's how they can effect change and learn what they can do at an early age to affect their own

Energy Week November 18-22, 2013

Saving energy at work & at home, saves money and saves the planet. Come find out how easy it is during Energy Week!

Monday, 11/18

- Energy Key Note Speaker, 8-9am
- Energy Awareness Roundtable, 9-10am

Tuesday, 11/19

- Energy Awareness Information Tables, Bldgs 9, 17, 62, & A

Wednesday, 11/20

- Children's Energy Program – 9-11am, CDC
- Energy Awareness Information Tables, Bldgs 9, 17, 62, & A

Thursday, 11/21

- Energy Fair – 10am-2pm, Building 17, 2nd Floor Atrium
- Energy Workshops – 12-2pm, Bldg 17, Rm 4000
- Energy Awareness Information Tables, Bldgs 9, 17, 62, & A

For additional information contact William Ortega at william.ortegaortiz@navy.mil, (301) 295-2903.

behavior. One way I'm going to show them how to [be more responsible with energy consumption] is by using the K-9 Wounded Warrior Unit. The service dogs in the unit already know how to turn off lights, close doors and refrigerators. I'm going to have them represent what we are trying to do, to teach the kids that if a dog can do it than anybody can do it.

At the end of the day I plan to provide every child with a book that has been donated, regarding dog training and a packet of goodies that will include a breakdown of what they learned that day," he added.

"This is so their parents can appreciate what they have learned and

hopefully help motivate their children to do those things at home."

A few changes have been implemented in this year's Energy Week compared to ones held in the past.

"The entire format has been enhanced," said Elsberg. "This year we are taking a collaborative effort with involvement from NSAB, Walter Reed National Military Medical Center and Uniformed Services University of the Health Sciences with the goal of promoting energy conservation throughout the entire installation."

For more information about events and plans for Energy Week contact Ortiz at William.ortegaortiz@navy.mil.

Warrior Care Month Raises Awareness of Wounded Warrior Program

By Patrick Gordon
NDW Waterline writer

As the region looks forward to the upcoming Thanksgiving holiday, another event is happening throughout Naval District Washington (NDW) during the month of November, Warrior Care Month.

"November marks Warrior Care Month, a joint-service event that recognizes wounded warriors, as well as those who care for them, for their service, sacrifices and achievements," said Cmdr. Dante Terronez, regional director of the Navy Wounded Warrior (NWW) Safe Harbor Program. "It also is an opportunity to raise awareness of the resources available to service members should illness or injury strike unexpectedly."

In 2008, then Secretary of Defense Robert Gates designated November as Warrior Care Month in order to inform members of the military and their families and communities about the programs and initiatives currently being provided through the Warrior Care system and the forthcoming im-

provements. Throughout the month of November, The Office of Warrior Care and all of the services' wounded warrior regiments will be highlighting various wounded warrior programs, activities, stories of recovery, and personal triumphs. Warrior Care Month is not only about what is being done for our Nation's wounded, ill and injured service members, but also about what they do for us, how they continually give back to our communities, their families, and this great nation that they have sacrificed so much to protect.

Terronez added that every month is Warrior Care Month, and that November is simply an opportunity to for all branches of service to publicly recognize wounded warrior heroes.

For Navy and Coast Guard personnel and their families, NWW is an important as the Navy's support program for seriously wounded, ill and injured Sailors and Coast Guardsmen. NWW provides world-class assistance to wounded warriors and their families throughout the country. The program - a department within Fleet and Fam-

ily Readiness at Commander, Navy Installations Command - has assisted nearly 2,500 service members and their families since its inception.

Terronez said that NWW offers many essential services, including connecting families to respite care resources; addressing pay and personnel issues; assisting with housing and transportation adaptation; providing transition assistance; offering adaptive athletics opportunities; and more. He explained that during Warrior Care Month, personnel can take the opportunity to recognize everything that wounded warriors, recovering service members, and transitioning service members and their families do.

"The theme of Warrior Care Month 2013 is 'Warrior Care - Building a Ready and Resilient Force,'" said Terronez. "Promoting readiness and resiliency ensures that wounded warriors can cope with adversity - on the front lines or at home. NWW, as well as a host of other Navy resources, provide wounded warriors the highest level of support throughout their recovery, rehabilitation and reintegration."

Part of Warrior Care Month, said Terronez, is letting personnel know how all of the services' wounded warrior programs benefit them and others.

"Everyone in the Navy family can make a difference in the lives of wounded warriors," said Terronez. "They can refer to NWW a service member who has experienced serious illness or injury by calling 855-NAVY WWP [628-9997]. They also can help spread the word about NWW - online, in conversations with neighbors, at community meetings, and around the dinner table."

For more information about Warrior Care Month activities or wounded warrior resources visit <http://safe-harbor.navy.mil> or www.facebook.com/navysafeharbor. For assistance in the NDW region for NWW, contact Terronez at dante.r.terronez.mil@health.mil.

For more information on events happening in NDW, visit www.facebook.com/NavDistWash.

Medical-Surgical Nurses 'On Frontline' of Healing

**By Bernard S. Little and
Cat DeBinder**
**WRNMMC Public Affairs
staff writers**

Nurses at Walter Reed Bethesda hosted a nursing skills fair, unveiled their Nurse Team Creed and held a Nursing Grand Rounds focusing on the Patient Caring Touch System (PCTS), all as part of Medical-Surgical Nurses Week, Nov. 4-8.

"We have so much talent in this organization," said Army Col. Risa D. Ware, deputy commander for nursing at Walter Reed National Military Medical Center (WRNMMC). "Medical-surgical nurses are at the frontline, saving, preserving and healing those who fight for our freedom," she added.

The nursing skills fair and the Academy of Medical Surgical Certification Review Course were held throughout the week. The fair was organized to enhance the knowledge of nurses and other providers at Walter Reed Bethesda, according to Navy Lt. Sheron Y. Campbell, clinical nurse specialist, inpatient surgical units at WRNMMC and chair of the organizing team for the fair.

The event enabled nurses and other staff the opportunity to hone their skills and gain new knowledge, as well as complete annual core competencies, Campbell explained. Areas of information at the fair included traumatic brain injury, lactation, pain management, wound care, blood products, intravenous therapy, trauma care and more.

"We averaged about 45 to 50 nursing skills fair participants during the day," said Air Force 1st Lt. Josselle Noxon, a staff nurse in the Intensive Care Unit who was one of those involved in the setup and planning of the fair.

In addition to the nursing skills fair, the unveiling of the Nurse Team Creed at Walter Reed Bethesda was a highlight of Medical-Surgical Nurses Week.

Navy Capt. Patrice Bibeau, assistant director for nursing, clinical, and Army Col. Ray Antoine, depart-

ment chief of inpatient surgical nursing, led the nursing team assembled in Memorial Auditorium on Nov. 5 in reading the creed, which begins with the words, "What I Do Matters!"

The creed continues, "I am dedicated to caring for my patients as they entrust me to provide compassionate and proficient care at all times."

"I protect the dignity of those in my care who fight for our freedom. I am a leader in the Art and Science of Nursing, creating extraordinary experiences for patients, families and staff while driving tomorrow's healthcare advances."

The creed also includes elements which are components of the PCTS, including a commitment to "tend to the holistic needs" of patients, while "striving always to be attentive, unbiased and respectful of their needs ... honoring each uniquely divine human spirit."

It concludes, "What We Do Matters! We are professional experts leading military health care through outstanding patient-centered care, innovation and excellence in research ... we will be preferred for our superior performance. We will be admired for our service. We are the Walter Reed National Military Medical Center Nursing Team."

Bibeu said the creed was developed by a diverse group of nurses "capturing what we do as a joint nursing care team." She explained the nursing team not only includes registered and licensed nurses, but also nursing aides, technicians, corpsmen, medics and other medical support assistants, all who "add value to the patient care experience."

"When we come together as a team, we should all be united around the same set of values and principles as we care for our patients," said Antoine, who led the discussion for the Nursing Grand Rounds focused on the PCTS.

Antoine said it is an expectation of people who come to Walter Reed Bethesda for care, that they will receive "the latest in medical care. It's impor-



Photo by Bernard S. Little

Navy Lt. Martin Boese, a certified registered nurse anesthetist explains procedures in airway management with Army 1st Lt. Jennifer Thomas during a Nurse Skills Fair on Nov. 8 as part of Medical-Surgical Nurses Week.

tant for us to have the latest and most recent knowledge as we provide care to our patients."

He explained the PCTS provides a framework for nursing which includes enhanced communication, patient advocacy, capability building, healthy work environments and evidence-based practices. The system was designed to not only provide quality, safe pa-

tient care, but also enable the healthcare team to feel valued and have a voice in empowering the patient.

The PCTS also encompasses building trust with the patient, as well as with other members of the healthcare team, which is critical to patient-centered care, Antoine explained. He said implemented at other military medical facilities, PCTS has been shown to

reduce falls, medication errors and improve communication between patients and providers.

"We want to see a nursing staff that is engaged," Antoine added. "We want to see a work environment that our folks embrace and that they look forward to coming to, and of course, we always want to see the quality of our care improve."

'Make It Possible' With a CFC Donation

By Katrina Skinner
WRNMMC Public Affairs
staff writer

For 50 years, the Combined Federal Campaign (CFC) has been a vehicle for federal, postal and military employees to make charitable donations - making it the largest, most successful workplace charity campaign in the world.

On Nov. 6, Army Capt. Jaaneen Mathies, chief of physical readiness training service at Walter Reed Bethesda, addressed a crowd in the America Building atrium to kick off this year's CFC at the medical center.

"We are all looking forward to working with you to make this year's campaign successful. We'd also like to take a moment to thank the key workers and volunteer leaders of this year's campaign," said Mathies, who's also campaign coordinator for Walter Reed Bethesda.

"The theme for 2013 is 'Make It Possible,'" Mathies continued.

"We are living in a time when people all around us are struggling to make ends meet; CFC is our opportunity to make a difference," added Lisa Hovde, campaign coordinator.

"Here in the National Capital Area, we have more than 4,440 approved local, national and international charities to donate to," Hovde continued.

"You can see the complete list of participating charities in the 2013 Catalog of Carving, which is available online at www.cfcnca.org, or in hard-copy through your keyworkers. No matter what causes you hold dear, you'll be able to find a charity that is meaningful to you," she said.

"This is an opportunity to give, and to give in a way that works for you," said Brig. Gen. (Dr.) Jeffrey Clark, director of WRNMMC. "My goal is that everybody has the opportunity to give to whomever they choose through CFC," he added.

Sgt. Maj. Carol Warren-



Photo by Katrina Skinner

Rainy Lowery, a representative of a non-profit organization under the Combined Federal Campaign (CFC) umbrella, speaks at the 2013 CFC kickoff ceremony on Nov. 6 in the America building lobby at Walter Reed National Military Medical Center. The campaign is an opportunity for federal employees and military to donate to charities of their choice, she explained.

Clark, deputy command senior enlisted leader at Walter Reed Bethesda, reflected on the campaign and reminded the crowd about the fiscal uncertainty most face.

She spoke of the recent furlough and sequestration and how it has economically impacted nearly everyone. The sergeant major also gave kudos to staff members, thank-

ing them for their continued commitment through it all.

"I ask just one last thing — take care of one another, take care of each other, have fun, and most of all — thank you very much for taking time out of your busy schedules to come to this event to make it a success," said Warren-Clark. "Without you, this would not be possible," she added.

There are three ways a potential donor can pledge to CFC. The paper process is still an option, or a donor can go to www.cfcnca.org, and click on the 'Donate Now' link. Pre-registration is necessary for first-time visitors to the website.

The third option is new and perhaps the most convenient. By going to MyPay, <https://mypay.dfas.mil/mypay.aspx>, a donor can elect a payroll deduction.

The campaign end date is Jan. 15, 2014.

For more information, please contact your assigned keyworker.



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VETERANS

Continued from 1

Duggan has celebrated the day as a veteran for nearly 30 years. The 71-year-old stood in the Nov. 8 formation at WRNMMC, wearing service ribbons he earned during his 26-year military career spent in infantry: Special Forces, Rangers, Airborne and Light Infantry. The Purple Heart recipient sustained injuries fighting out of a Vietnam ambush in April 1966.

"Of all the roles I've had in my life, I think that's probably the greatest role — having served this country in its hour of need, during times of war and peace," said Duggan, who explained these Veterans Days he's trying to take care of other veterans. "Which is the reason why I'm also with the Red Cross here at Walter Reed [Bethesda], so I can give back," he explained.

Retired Army Lt. Cols. Sharon E. Stentz and Deborah D. Kessler, joined the special formation in honor of Veterans Day at WRNMMC.

"It was an honor and a privilege to stand shoulder-to-shoulder with those who continue to care for our nation's heroes despite fiscal constraints, uncertainty and change," said Stentz, who now works as a civilian in clinical systems support at the medical center.

After the end of the Veterans Day observance, Stentz spotted Kessler, who stood several rows ahead of her in the formation. The two smiled and hugged. Kessler works in the Department of Research Programs at WRNMMC.

"She was my preceptor," said Stentz. She explained the two met 34 years ago in 1979 at the former Walter Reed Army Medical Center when Stentz was a new graduate nurse. "I helped with her hands-on training and orientation to patient care on our unit and hospital processes," Kessler said, who spent 20 years active duty in the Army Nurse Corps.

Stentz is a 22-year Army Nurse Corps veteran. "We are the civilians," 88-year-old Red Cross volunteer Helen Catois told Clark after the event that honored the nation's veterans. "It was a gift to receive," she told the brigadier general.

EDUCATION

Continued from 4

part-time adjunct faculty. They're in the working world, so they're right there in the field that they're teaching and the average class is anywhere from 7 to 15 students. Class size is smaller than you would find at Shady Grove or College park, which I think is better for this base population," said Aker.

Although, tuition assistance and education funds are not available to them, civilians are also allowed to take part in these classes. "As long as they have base access, anyone is welcome to attend," said Baker.

Students and aspiring students, like Hospitalman Fabrice Sonwadjatsa, describe the office's

counseling services and offered classes as, "incredibly useful."

After being transferred to NSAB, Sonwadjatsa was interested in going to medical school, but had little direction on what options were available to him. "I only had two schools in my head, UMUC and Montgomery College. When I came [to the Navy College Office], I got a list of about 30 to 40 colleges and universities around the Washington D.C. and Bethesda area that I didn't even know about. [The office] got my file, pulled out my transcript and sent it to the college where I wanted to go."

Sonwadjatsa recommends the office as a great resource for anyone seeking to make use of their G.I. Bill funds. "It's easy for [service members] to come here when we're making the transition from the military. We don't have a lot of time, but if you have 30 or 40 minutes and talk to someone here they can really help you out."

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NSAB Offers a Chance to Speak-Up



Photo by Mass Communication Specialist 2nd Class Nathan Parde

Naval Support Activity Bethesda (NSAB) Commanding Officer David A. Bitonti speaks to Sailors at the Command Climate Survey kickoff Tuesday. "This is my opportunity to get a pulse from you: to assess where we are as a command and where we need to go to make this a better place to work every day, and to provide a better opportunity for us to succeed in our life and career goals," said Bitonti.

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